

WHAT IS CLAIMED IS:

1. A shoe, comprising:

an upper;

5 a sole affixed to the upper, the sole operable to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions.

10 2. The shoe of Claim 1, wherein an acute angle is formed between the wearer's foot and the wearer's lower leg bones.

15 3. The shoe of Claim 1, wherein the sole has a substantially planar upper surface supporting a wearer's foot, the sole having a lower surface separated into a rear heel section and a forward toe section, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.

20 4. The shoe of Claim 3, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the upper surface.

25 5. The shoe of Claim 3, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.

6. The shoe of Claim 3, wherein the forward toe section and the rear heel section are separated by a cavity.

5 7. The shoe of Claim 3, wherein the forward toe section extends short of a forward periphery edge of the shoe.

10 8. The shoe of Claim 3, further comprising:  
one or more midsoles separating the wearer's foot from the substantially upper surface of the sole.

15 9. The shoe of Claim 6, wherein the midsoles allow the wearer's heel to be closer to the walking surface than the wearer's toes.

10. The shoe of Claim 1, wherein the sole places the wearer's foot in a negative heel position.

20 11. A shoe, comprising:  
an upper;  
a sole under the upper, the sole operable to place a wearer's foot in a dorsiflexion position.

25 12. The shoe of Claim 11, wherein the sole has a substantially planar first surface and a second surface with a constantly thick forward section and a decreasingly thick rear section.

30 13. The shoe of Claim 11, wherein the sole is an insole for the shoe.

14. The shoe of Claim 13, further comprising:  
an outsole beneath the sole.

15. The shoe of Claim 11, wherein the sole is an  
5 outsole for the shoe.

16. A shoe, comprising:

an upper;

10 an insole enclosed by the upper, the insole operable  
to place a wearer's foot in a position where the wearer's  
heel is closer to a walking surface than the wearer's  
toes during normal wearing conditions;  
an outsole supporting the insole.

15 17. The shoe of Claim 16, wherein the insole has a  
rear heel section and a forward toe section, the forward  
toe section having a substantially constant thickness  
from a forward periphery edge of the shoe to the rear  
heel section, the rear heel section having a decreasing  
20 thickness from the forward toe section to a rear  
periphery edge of the shoe.

25 18. The shoe of Claim 17, wherein the rear heel  
section and the forward toe section meet at a point  
substantially halfway with respect to the outsole.

30 19. The shoe of Claim 17, wherein the rear heel  
section and the forward toe section have a same thickness  
at the point where the rear heel section and the forward  
toe section meet.

20. The shoe of Claim 16, further comprising:  
a midsole separating the outsole from the insole.